

Babies—Wired for Relationships

Human beings are wired for relationships...

The special relationship between a caregiver and a child is the most important factor in a child's development. It is in this relationship where the child learns cause and effect, social interaction, language, and what to expect from relationships as she grows, as well as much more.

For example, a child cries, laughs, or clings to a caregiver in order to bring that parent closer to them. When the parent answers these bids for closeness, it teaches the child to trust in the world, allows the child to better make sense of the world around him, and his ability to learn new things increases. Overall, the parent's job is to provide a consistent environment with set

daily routines in which the child knows what to expect and how to get his needs met.



What can you do to strengthen the relationship with your child?

- Watch for your child's cues...does he turn his head away when he's had enough? Does she reach for you when she's crying to be comforted?
- Respond to your child consistently and provide a

predictable daily routine.

- Use animated facial expressions and a variety of voice tones when talking to your child.

- Make eye to eye contact on your child's terms.

- TALK TO YOUR BABY! Describe everything you do out loud, sing, rhyme, be silly.

The strong foundation you build now will carry your baby straight through to adolescence and beyond!

This tip is brought to you by the Infant Toddler Mental Health Coalition of Arizona and Healthy Steps— a First Things First funded program.

Special points of interest:

- * The Northeast Maricopa Region of Scottsdale, Paradise Valley, Fountain Hills, Carefree, Cave Creek, Rio Verde, and Ft. McDowell Yavapai Nation embody both dense and urban, ethnically diverse neighborhoods and new growing suburban communities.
- * The Northeast Maricopa Region has a population of over 28,000 children birth through five years of age.

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Edited by:
Lyndsey Ferro, Healthy Steps

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Look for future newsletters from the Northeast Maricopa Regional Partnership Council Collaboration Group!

Reinforcement, It's How We Say I Love You

Everyone wants to feel loved, this includes our children. When we feel that we are loved we feel happy, content, peaceful, etc. But what causes us to feel this emotion that we call love? The answer lies in the actions, or behavior, of those around us. To put it simply, Love is the result of Reinforcement. When our children feel “reinforced”, they feel loved.

There are many types of reinforcement that we can use as parents to help our children know that we love them. Some of these include consumables (i.e. food or snacks), privileges, activities, and items or gifts. And of course there are the ultimate reinforcers that all of our children want. These are called Social Reinforcers and

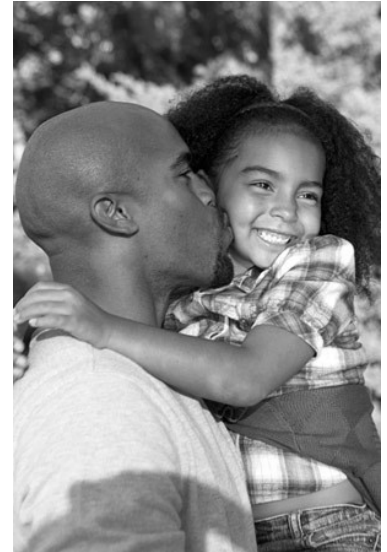
they consist of our attention, praise, and physical contact. The greatest thing about these reinforcers is that they cost us nothing and we have endless amounts of them to give. So hug your kids, tell them you're proud of them, and take time out of your day to give them the attention that they want and need. They'll love you for it.

This tip is brought to you by CARD—SOS Program a First Things First funded program.

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Attachment Through the Years

Age	Attachment Milestone
Birth to 6 months	At this age, the infant may be fearful of new people but will be social through babbles and cooing noises with familiar people.
6 to 12 months	Infant will begin to show signs of attachment to caregivers who are familiar. Also, the infant expresses strong attachment to mom and develops attachment for dad, brothers, and sisters.
13 to 18 months	Will go to mom and dad for help to solve a problem. Attaches better/prefers to be with adults instead of children.
18 to 24 months	Child is able to tolerate parent absences better. Child may also show a strong attachment to item (i.e. toy or blanket.)
2 to 3 years	Child tends to play more with siblings and likes being around other children more. He or she might also have an invisible friend.
3 to 4 years	The child will form first friendships thus better attaching to play mates.
5 to 6 years	The child shows more independence from parents and other adults. The child also wants to make his or her friends happy.

Barnes, B. & York, S. (2001). *Common sense parenting of toddlers and preschoolers*. Boys Town, NE: The Boys Town Press.

Baby Connections

Welcome to the world new baby, so many opportunities await you! As a parent, your new baby has come from an environment of literal physical attachment and has now moved into a new environment filled with lots of opportunities for emotional attachment between parent and child. This is a wonderful chance for lasting love connections for you and your developing little one. The first 5 to 6 months of your baby's life is a time of learning about the world and establishing an attachment to their primary caregiver – You!

For the first 6 months of an infant's life, babies learn to respond to the caring adults in their lives as their needs are met. A baby's crying behavior signifies a need to communicate with you, and even after their immediate needs are met, crying may last for a while as their newly developing brains register this connection.

Your role as a parent is to respond promptly to your baby's needs. This will help to establish strong and secure attachments that demonstrate your love and care. Your baby knows his or her needs will be met by you, the primary caregiver. Listen closely to your baby to determine what cries mean – I'm hungry, I'm tired, I need a new diaper, or I need some love may be some of these messages.



Authors Kay Albrecht and Linda G. Miller write in their publication *Innovations: The Infant Curriculum* (2000), "Hold and cuddle your baby. Play with his or her fingers and toes. Talk and sing to your baby while diapering, nursing, and caring for him or her.

Plan a special time each day for "falling in love" with your baby all over again. In a quiet moment gaze into your baby's eyes and really connect. Talk to your baby and listen intently. He or she will be responding to you and looking forward to these special times."

This tip is brought to you by Quality First! - a First Things First funded program.



Teen Corner: Love Vs. Lust

Love is forever
Lust is for now

Love is giving to another
Lust is getting for me

Love is tender
Lust is tense

Love is priceless
Lust is cheap

Love is ...



www.dailyrefresh.wordpress.com/love is

Love is patient
Lust is impatient

Love satisfies
Lust demands

Love makes you what you want to be
Lust makes you what you don't want to be

Borrowed from Wait Training Handout

This tip is brought to you by Teen Outreach Pregnancy Services (TOPS) - a First Things First funded program.

Teen Outreach Pregnancy Services (TOPS)

Our Mission: To provide teen specific pregnancy, childbirth and parenting educational support so the teen and her family can experience a positive outcome.

As referrals are received, the pregnant teen receives 20 hours of health education and mentoring from a Registered Nurse and a Case Manager. TOPS helps these high-risk teens overcome barriers that they face while encouraging them to move forward in their lives in a positive way. All program and services are available to all pregnant teens regardless of their ethnicity or financial status.

Program Director, Sylvia Lopez, M.Ed., M.C.
480-668-8800

Bonding Activity!

Kaleidoscope Crayons

Supplies needed:

Broken pieces of crayons

Muffin Tin

Oven



Preheat oven to 150 degrees. Place broken pieces of crayons into muffin tin. Place in the oven for at least 15-20 minutes. Allow the tin to cool.

Then remove crayons and have a great time coloring together!

This tip is brought to you by Sunrise Preschool - a Quality First! Enrolled Center.

Deborah McRae, Center Director Sherri Suschena, Asst Director

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ph: 480-314-1071 fax: 480-314-1504

Hours: M-F, 6:00am- 6:30pm Serving: 6wks through 12 years



FIRST THINGS FIRST

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- Stuart Turgel
Philanthropy
- Mary Permoda
Faith Based

For more information please contact:

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Please visit us on the web at:
www.azftf.gov

Northeast Maricopa Regional Partnership Council

Vision: All Arizona children birth through age five are offered opportunities to achieve their maximum potential to succeed in school and life.

Mission: Increase the quality of and access to the early childhood development and health system that ensures a child entering school comes healthy and ready to succeed.

Goals:

- Improve the QUALITY of early childhood development and health programs.
- Increase the ACCESS to quality early childhood development and health programs.
- Increase the access to PREVENTATIVE HEALTH AND HEALTH SCREENINGS for children birth through age 5.
- Offer PARENT AND FAMILY SUPPORT and education concerning early childhood development and literacy.
- Provide PROFESSIONAL DEVELOPMENT AND TRAINING for early childhood development and health providers.
- Increase COORDINATION of early childhood development and health programs and PUBLIC AWARENESS about the importance of early childhood development and health.

Northeast Maricopa Regional Partnership Council Calendar

Council Meeting dates—2010

10815 N. 84th St.
Scottsdale, 85260
All meetings 4-6pm

March 9
April 13
May 11
June 8
July 13
August 10
Sept 14
Oct 12
Nov 9
December 14

*Members of the public are encouraged to attend

Collaboration Meetings –2010

11130 E. Cholla
Scottsdale, 85259
All meetings 4-6pm

March 16
April 20
May 18
June 15
July 20
August 17
Sept 21
Oct 19
Nov 16
Dec 21

*Members of the public are encouraged to attend